

Kentucky Diabetes Fact Sheet

November 2001 Update

DIABETES IS COMMON IN KENTUCKY:

- Diabetes prevalence
Approximately **297,078** individuals or **9.7% (1 in every 10)** of the adult population in Kentucky have diabetes, one third of whom are undiagnosed (BRFSS, 2000)

Diagnosed: 198,052 or 6.5%

Undiagnosed: 99,026 or 3.2%

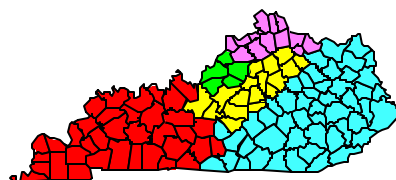
Adults with Diagnosed Diabetes in 2000

Sex	%	Age	%	Race	%
Men	6.9	18-44	4.9	Black	6.2
Women	6.1	45-54	8.7	White	9.9
		55-64	12.7		
		65+	14.1		

- Regional prevalence
Eastern Kentucky, also known as the Appalachian region, is the area of Kentucky with the highest prevalence of diabetes.

Prevalence of Diabetes by Region in 1997-1999

Region	Number	%
Eastern KY	60,938	7.3
Western KY	42,763	6.1
Louisville	33,554	5.7
Central KY	25,037	4.9
Northern KY	16,360	5.2



- Kentucky ties for 15th in the United States in terms of diabetes prevalence.
- One in every two** adult Kentuckians (1,523,475) is at increased **risk for developing diabetes** because of the risk factors of age, obesity, and sedentary lifestyle.
- Kentucky ranks **1st** in the nation in the percentage of adults who report **no physical activity** in the last month.
- Kentucky ties for **2nd** in the nation in the percentage of **overweight** adults based on reported height and weight.

DIABETES IS A SERIOUS DISEASE IN KENTUCKY:

- In Kentucky, diabetes is the **6th** leading cause of death by disease and the **4th** leading cause of death in African American females. (1996-1998)
- In addition, people with diabetes suffer from various disease-related complications or conditions. For Kentucky, those complications or conditions included:
45,286 hospitalizations due to diabetes (1998*)
1,067 hospitalizations due to diabetic ketoacidosis (1998)
4,070 hospitalizations due to pneumonia & influenza (1998)
715 lower extremity amputations (1998)
512 new cases of end-stage renal disease (1999)
229 new cases of blindness (1996 estimate)
24% report being told that diabetes affects their eyes or have retinopathy (BRFSS, 2000)
- Diabetes listed as a primary or secondary cause accounted for **13%** of the total hospitalizations in Kentucky in 1998.

DIABETES IS A **COSTLY** DISEASE IN KENTUCKY:

- The cost of diabetes in Kentucky is staggering. The direct cost (medical care) and indirect cost (lost of productivity and premature mortality) of diabetes in Kentucky totaled approximately **\$1.9 billion** in 1997.

DIABETES IS A **CONTROLLABLE** DISEASE:

- Current scientific evidence indicates that much of the morbidity and mortality associated with diabetes can be eliminated through aggressive treatment approaches including normalization of blood glucose levels, routine physician visits, self-management training, a dilated eye exam, a foot exam, and glycosylated hemoglobin level checks.
- Unfortunately, a wide gap still exists between current and desired diabetes care and practices. Individuals with diabetes in Kentucky and the nation reported the following behavioral characteristics:

Behavioral Practice	KY 1997-1999	KY 2000	Nation 1997
Seeing health professional for diabetes = 1 time in the past yr.	88%	91%	NA
Having taken a course or class in diabetes self-management	NA	46%	34% ('94)
Checking blood glucose level one or more times a day	44%	54%	40%
Receiving a dilated eye exam within the past yr.	63%	72%	62%
Receiving a professional foot exam = 1 time in the past yr.	56%	59%	55%
Performing daily self-foot exams	NA	75%	NA
Having heard of HbA1C test	22%	75%	NA
Having HbA1C checked = 1 time within the past yr.	15%	62%	18%
Receiving a flu vaccination within the past 12 months (1999)	57%	NA	52%
Ever having a pneumonia vaccination (1999)	35%	NA	32%

Diabetes is a common, serious, costly, and controllable disease that affects thousands of individuals in Kentucky and poses a major public health problem.

Data Sources: 1997-2000 Kentucky Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention
1996-1998 Kentucky Annual Vital Statistics Report, Kentucky State Center for Health Statistics
1991-1993, & 1998 National Hospital Discharge Survey, National Center for Health Statistics, Centers for Disease Control and Prevention
*Results from the 1998 Hospital Discharge Survey are still considered to be preliminary
1999 data from The Renal Network, Inc., Health Care Financing Administration
1996-1998 Death Certificate data, Kentucky Annual Vital Statistics Report, Kentucky State Center for Health Statistics
Massachusetts Commission for the Blind, *1996 Report of the Register*
Diabetes in the United States, Centers for Disease Control and Prevention, 2000
Diabetes Surveillance, U.S. Department for Health and Human Services, 1999
National Institute of Diabetes and Digestive and Kidney Diseases, *Diabetes in African Americans*, National Institutes of Health
Coonrod, Beth et al. Frequency and Determinants of Diabetes Patient Education Among Adults in the U.S. Population, *Diabetes Care*, Aug. 1994: 852-858

